

USDA Foods Product Information Sheet

For Child Nutrition Programs


100369—Beans, Pink, Low-sodium, Canned
Category: Legume Vegetable/Meat Alternate


PRODUCT DESCRIPTION

This item is Grade A canned, dried pink beans. They are packed in low-sodium brine which contains 36-140 mg sodium per ½-cup serving. This product is available in cases with six #10 cans.

CREDITING/YIELD

- One case of pink beans provides about 102 ½-cup servings of beans.
- CN Crediting: ½ cup beans credits as ½ cup legume vegetable OR 2 oz equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Pink beans are a versatile bean that can be used in a variety of hot or cold dishes, such as soups, mixed bean salads, and baked beans.
- Drain and rinse canned beans before adding to recipes to reduce the sodium.
- For more culinary techniques and recipe ideas, visit [NFSMI](#) or [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1/2 cup (85 g) pink beans, low-sodium, canned

Amount Per Serving

Calories 126

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 140mg

Total Carbohydrate 24g

Dietary Fiber 5g

Sugars 0g

Protein 8g

Source: [USDA National Nutrient Database](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.